Disclaimer
TITL.0050

Print & Purge screens
DATA.0100, .0110, .
& 0120

TITL.0100
Le Source
Title Screen

first time?

YES

INTR.0100 -
INTR.0XXX
orientation for using
controller & navigating
thru courseware

NO

NO

TITL.0150
Bookmark?

YES

Get variable:
BOOKMARK, go to first
screen of last section
accessed by user

LOBY.0050

PROF.0100 -
INTR.0XXX

profile questionnaire

LOBY.0100

B

LOBY.0150

A

C

Profile

D

DINR.0300
Exchange List
Groups

E

G

DINR.0330
carbo group
title screen

DINR.0400
meat list
screen

DINR.0450
fat list

DINR.0500
free food list

DINR.0334
carbo group
menu

DINR.0405
meat list
overview

DINR.0455
fat list
overview

DINR.0505
free foods list
overview

DINR.0410
meat list
exchanges

DINR.0460
fat list
exchanges

DINR.0510
nutrition tips

DINR.0420
nutrition tips

DINR.0470
nutrition tips

DINR.0430
cooking tips

DINR.0480
selection tips

DINR.0335
starch list

DINR.0345
fruit list

DINR.0355
milklist

DINR.0365
vegetable
list

DINR.0336

DINR.0346

DINR.0356

DINR.0366

DINR.0337

DINR.0347

DINR.0357

DINR.0367

A4

A5

1. All of your body's cells use sugar for energy?
   a. True
   b. False

2. Complete the following sentence. A cell uses insulin to. . .

   a. convert sugar into fat
   b. allow sugar to pass into that cell
   c. allow sugar to pass into the blood stream

3. Complete the following sentence. Diabetes is caused by:

   a. the body's inability to make insulin
   b. the body's inability to use insulin effectively
   c. either A or B

4. Which of the following statements are true? Circle all of the true statements.
   a. It's important to eat meals & snacks at about the same times everyday.
   b. I can eat as much of any food as long as it is "healthy."
   c. It is important to attain & maintain normal blood sugar levels.
   d. Following a meal plan for diabetes means giving up most of the foods you are used to eating.

5. Label each of the foods below according to the food group it belongs to.

   Use one of these four food groups:

   C = carbohydrates
   M = meats & meat substitutes
   F = fats
   X = "free", very low calorie, sugar-free & fat free foods

   _____ peas
   _____ fish
   _____ raisins
   _____ diet soda
   _____ cottage cheese
   _____ almonds
   _____ fat-free salad dressing

   _____ swiss cheese
   _____ avocados
   _____ butter
   _____ broccoli
   _____ low-fat milk
   _____ olives
   _____ yogurt

6. Label each of the statements below according to the food group it describes.

Use one of these four food groups:
C = carbohydrates
M = meats & meat substitutes
F = fats
X = "free", very low calorie, sugar-free & fat free foods

_____ Foods in this group are a good protein source but can be high in fat.
_____ Vegetables are part of this group.
_____ Foods in this group contain less than 20 calories per serving.
_____ This group contains foods such as fruit and milk.
_____ 50% of your daily calories come from this group.

7. Fill in the blank. What is the daily calorie intake your physician prescribed for you? _____ calories per day.

8. Plan your breakfast by choosing from the foods listed below. You may choose one or more of each of the foods listed by writing the number of portions you choose in the "servings" blank. For example, you might choose to have 2 portions of cereal (each portion is equal to 1/2 cup) by writing 2 on the servings blank. Remember to estimate selections based on your prescribed calorie intake.

servings

_____ one slice of toast
_____ one-half bagel
_____ 1/2 cup of cereal
_____ 1/2 cup of fruit juice
_____ one cup of berries
_____ 1/3 of a small cantaloupe
_____ 1 cup low-fat yogurt
_____ 1 cup low-fat milk
_____ 1 cup whole milk
_____ 1 scrambled egg
_____ 1 fried egg
_____ 1 slice of bacon
_____ 1 oz. ham
_____ 1 Tbsp. reduced fat margarine
_____ 1 tsp. butter
_____ 2 tsp. peanut butter
_____ 1 Tbsp. regular cream cheese
_____ 2 Tbsp. reduced fat cream cheese

9. Plan your dinner by choosing from the foods listed below. You may choose one or more of each of the foods listed by writing the number of portions you choose in the "servings" blank. For example, you might choose to have 3 portions of chicken (each portion is equal to 1 oz.) by writing 3 on the servings blank. Remember to estimate selections based on your prescribed calorie intake.

servings

_____	one small potato
_____	1/2 cup of corn
_____	1/2 cup of peas
_____	1/2 cup of pasta
_____	one cup of salad greens
_____	1/2 cup of cooked broccoli
_____	1 cup of raw carrots
_____	1/2 cup of cooked squash
_____	1 oz. white meat chicken
_____	1 oz. fried fish
_____	1 oz. pork sausage
_____	1 oz. lean ground beef
_____	1 Tbsp. reduced fat margarine
_____	3 Tbsp. reduced fat sour cream
_____	1 tsp. margarine
_____	1 tsp. butter
_____	1 Tbsp. regular salad dressing
_____	1/8 of an avocado

storyboards

Screen Number/Card Name: TITL.0050

Screen Description:
Disclaimer text with voice over.

> This program is not intended to replace the
> care and advice of your physician. It is
> important for you to follow your meal plan,
> insulin schedule, and physician's orders. If you
> experience a change in condition or have any
> questions, please call your home care agency
> at 800-322-1325 or your physician.

Initial State:.
Show graphic TITL.0050CA.

Logic Flow:
Play audio TITL.0050BA
Go to TITL.0100

Media Requirements:

Type	Description	Name
Video		
Audio	Disclaimer VO	TITL.0050BA
Music		
Bitmaps	screen graphic	TITL.0050CA

Screen Number/Card Name: TITL.0100

Screen Description:
This is the title screen for the Staff Builders study demo.

```
┌─────────────────────────────────────────────────┐
│                                                 │
│                                                 │
│                                                 │
│       Diabetes Health & Education Center        │
│                                                 │
│                                                 │
│                                                 │
│                                                 │
│             Is this your first visit?           │
│                                                 │
│          ┌─────────┐     ┌─────────┐            │
│          │   Yes   │     │   No    │            │
│          └─────────┘     └─────────┘            │
│                                                 │
│                                                 │
└─────────────────────────────────────────────────┘
```

Initial State:.
Show graphic TITL.0100CA.
YES and NO are active, default is YES.

Logic Flow:
If NO is clicked go to TITL.0150.
If YES is clicked, go to INTR.0100.
If The "S" in "Le Source" is clicked 3 times, go to DATA.0100.

Media Requirements:

Type	Description	Name
Video		
Audio	VO directions for entering courseware	TITL.0100BA
Music	music & sfx for beach theme	TITL.0100BB
Bitmaps	Title Screen graphic	TITL.0100CA
	same as above with button highlights	TITL.0100CB

Screen Number/Card Name: TITL.0150

Screen Description:
This is the BOOKMARK decision screen.

Would you like to go back to where
you left off last time you visited

| Yes | No |

Initial State:.
Show graphic TITL.0150CA.
YES and NO are active, default is YES.

Logic Flow:
If NO is clicked go to LOBY.0100.
If YES is clicked, get variable BOOKMARK and go to the first menu screen of the last section the user accessed before quiting.

Media Requirements:

Type	Description	Name
Video		
Audio	VO directions for re-entering courseware	TITL.0150BA
Music		
Bitmaps	bookmark screen graphic	TITL.0150CA
	same as above with button highlights	TITL.0150CB

Screen Description:
This is entry lobby to · . Users need to complete a personal profile questionnaire in order to determine their "course syllabus" and gain access to the other areas of the Center.
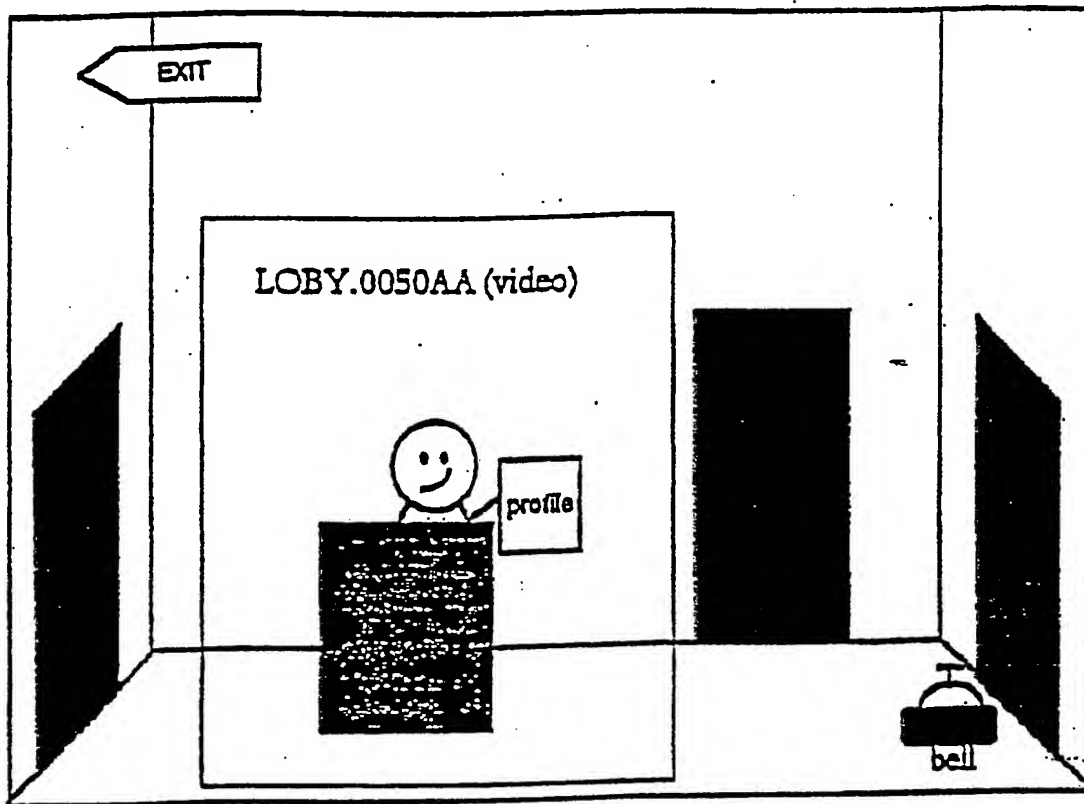
Initial State:.
Display background graphic LOBY.0050CA
EXIT ARROW is active.
After video plays, PROFILE is active.

Logic Flow:
Play video LOBY.0050AA
If PROFILE is clicked go to PROF.0100
If EXIT is clicked, Answer: "Are you sure you want to quit?" with "Yes" and "No"
    If "Yes" then exit and quit

. Screen Description:
This is entry lobby to   :   . Users can return to the Profile, access Diabetes Seminars or go to
the Dining Room.

This room will have a very 3D, room-like feel, with doors, hallways and directional arrows to use as
navigational devices for accessing other areas of the center.
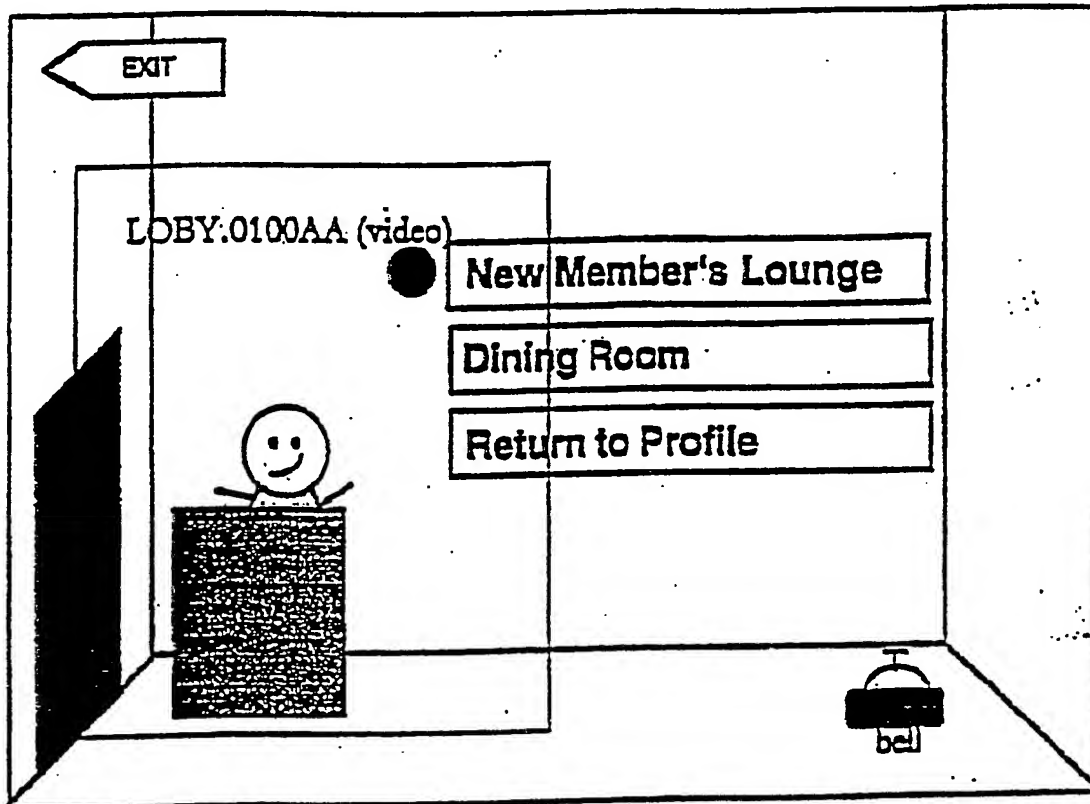
Initial State:.
Display background graphic LOBY.0100CA
All ROOM ARROW buttons are active.
PROFILE button is active.
BELL is not displayed.

Logic Flow:
Play video LOBY.0100AA
        Upon subsequent entries to this screen, do not autoplay video.
        After video has finished playing, show BELL button.
If BELL is clicked, play BELL.0100BA then, replay LOBY.0100AA.
If NEW MEMBERS LOUNGE is cursored over play LOBY.0100BA
If DINING ROOM is cursored over play LOBY.0100BB
If PROF is clicked is cursored over play LOBY.0100BC
If NEW MEMBERS LOUNGE is clicked go to NEWM.0100
If DINING ROOM is clicked go to DINR.0100
If PROF is clicked go to PROF.0100
If EXIT is clicked, quit.

Screen Number/Card Name: LOBY.0150

Screen Description:
This screen is very similar to LOBY.0100 but contains new video. This screen can only be reached by exiting screens NEWM.0300 or NEWM.0310. As on LOBY.0100, users can return to the Profile, access Diabetes Seminars or go to the Dining Room.
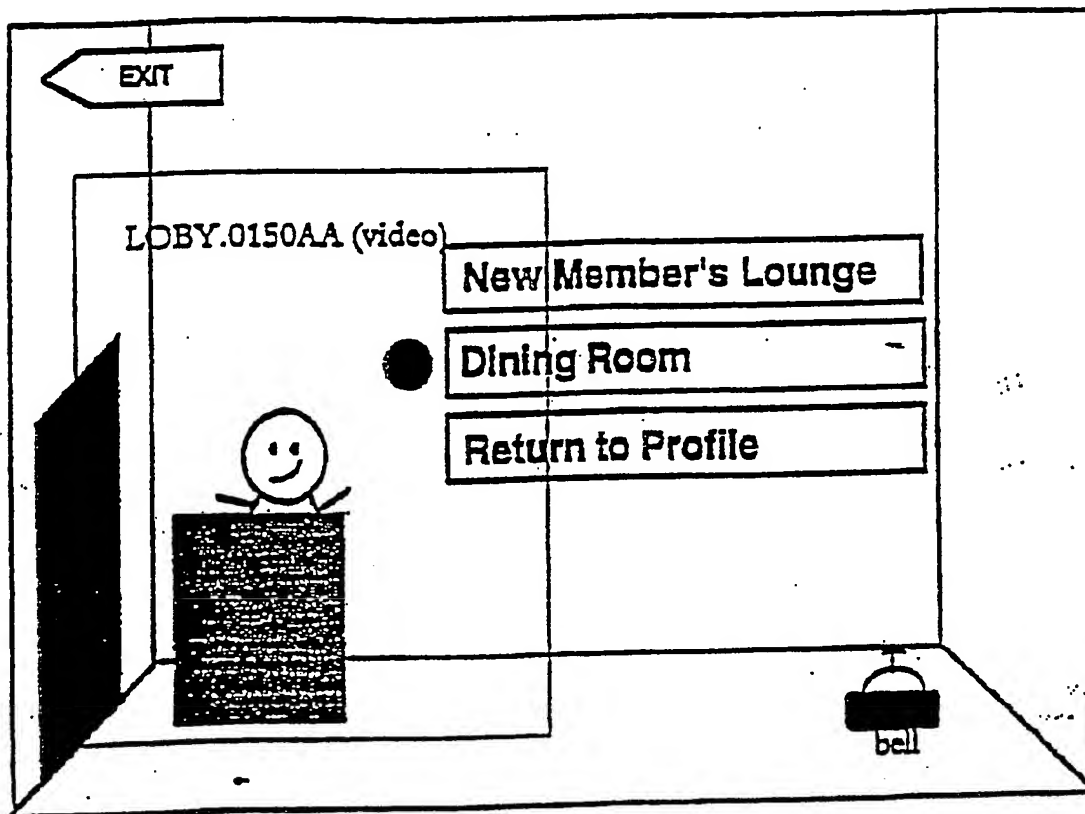
Initial State:.
Display background graphic LOBY.0100CA
NEW MEMBERS' LOUNGE is active.
DINING ROOM is default highlight.
PROFILE button is active.
BELL is not displayed.

Logic Flow:
Play video LOBY.0150AA
    Upon subsequent entries to this screen, do not autoplay video.
    After video has finished playing, show BELL button.
If BELL is clicked, play BELL.0100BA then, replay LOBY.0150AA.
If NEW MEMBERS LOUNGE is cursored over play LOBY.0100BA
If DINING ROOM is cursored over play LOBY.0100BB
If PROF is clicked is cursored over play LOBY.0100BC
If NEW MEMBERS LOUNGE is clicked go to NEWM.0100
If DINING ROOM is clicked go to DINR.0100
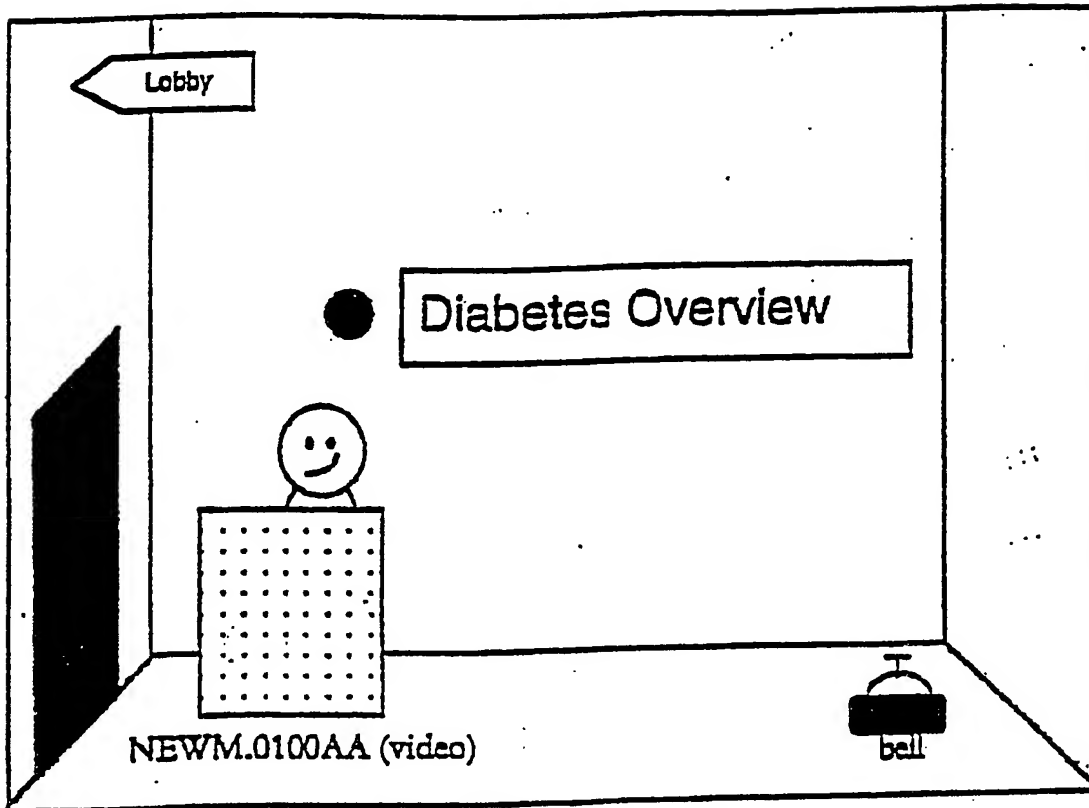If PROF is clicked go to PROF.0100
If EXIT is clicked, Answer: "Are you sure you want to quit?" with "Yes" and "No"
    If "Yes" then exit and quit

Screen Description:
This is the menu screen for the New Member's Lounge.

Initial State:.
Display background graphic NEWM.0100CA
MENU ITEM is active (DIABETES OVERVIEW is cursor default)
GO ON button is not displayed.
LOBBY button is active

Logic Flow:
On initial open screen, play video (NEWM.0100AA).
> Upon subsequent entries to this screen, do not autoplay video.
> If BELL is clicked, play BELL.0100BA then, replay NEWM.0100AA.
> If DIABETES OVERVIEW is clicked go to NEWM.0150

On re-entry to this screen from NEWM.0150, play video NEWM.0100AB
> Display active GO ON button.
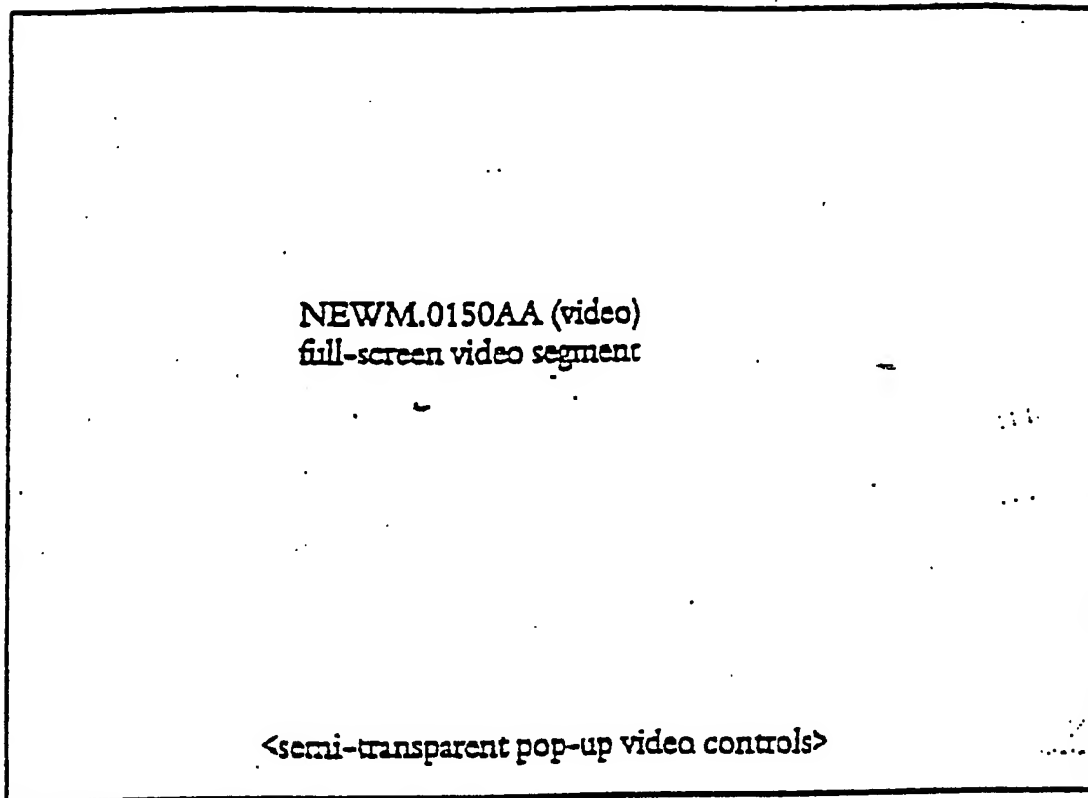> If BELL is clicked, play BELL.0100BA then, replay NEWM.0100AB.
> If DIABETES OVERVIEW is clicked go to NEWM.0150

If LOBBY is clicked go to LOBY.0100.

Screen Description:
This is the video screen for the New Member's Lounge where the user will view the vide .

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┌─────────────────────────────────────────────────────┐
│                                                       │
│                                                       │
│                                                       │
│                                                       │
│                                                       │
│              NEWM.0150AA (video)                      │
│              full-screen video segment                │
│                                                       │
│                                                       │
│                                                       │
│                                                       │
│                                                       │
│                                                       │
│                                                       │
│         <semi-transparent pop-up video controls>      │
│                                                       │
└─────────────────────────────────────────────────────┘
```

Initial State:.
Play NEWM.0150AA
VIDEO CONTROLS are displayed and active

Logic Flow:
After video has played (or if video is stopped by the user) go to NEWM.0100.
When VIDEO CONTROLS are clicked, PAUSE, PLAY, FF, or REW as appropriate.
If LOBBY is clicked go to LOBY.0100.

Media Requirements: deliv.

Type	Description	Name
Video	video segment	NEWM.0150AA
Audio		
Music		
Bitmaps	video control panel buttons (PLAY/PAUSE, STOP, FF, & REW): active state	VIDP.0100CA
	video control panel buttons (PLAY/PAUSE, STOP, FF, & REW): highlight state	VIDP.0100CB

Screen Number/Card Name: NEWM.0200

Screen Description:
This is the first of three "quiz" screens.

Question is:

All of your body's cells use sugar for energy.
True?
False?

Initial State:.
Show graphic NEWM.0200CA
All answer boxes are active and empty.
Variable: #CORRECT = 0
Play audio NEWM.0200BA

Logic Flow:
If TRUE is clicked:
      play audio FDBK.0100BA
      play audio NEWM.0200BB
      add 1 to Variable: #CORRECT
      go to NEWM.0220

If FALSE is clicked:
      play audio NEWM.0200BC
      go to NEWM.0220

Media Requirements:

Type	Description	Name
Video		
Audio	voice over of question and distractors--see script	NEWM.0200BA
	Correct feedback VO	NEWM.0200BB
	Incorrect feedback VO	NEWM.0200BC
Music	Feedback music (African Dawn, track 44)	FDBK.0100BA
Bitmaps	similar to PROF.0100CA w/ new text, etc.	NEWM.0200CA
	same as above with button highlights on	NEWM.0200CB

Screen Number/Card Name: NEWM.0220

Screen Description:
This is the second of three "quiz" screens.

Question is:

A cell uses insulin to:
A. Convert sugar into fat
B. Allow sugar to pass into that cell
C. Allow sugar to pass into the blood stream

Initial State:.
Show graphic NEWM.0220CA
All answer boxes are active and empty.
Variable: #CORRECT = 0 or 1 (see *logic flow* above)
Play audio NEWM.0220BA

Logic Flow:
IF B is clicked:
play audio FDBK.0100BA & NEWM.0220BB
add 1 to Variable: #CORRECT
go to NEWM.0230

If A or C is clicked:
play audio NEWM.0220BC
go to NEWM.0230

Media Requirements:

Type	Description	Name
Video		
Audio	voice over of question and distrators–see script	NEWM.0220BA
	Correct feedback VO	NEWM.0220BB
	Incorrect feedback VO	NEWM.0220BC
Music	Feedback music (African Dawn, track 44)	same as FDBK.0100BA
Bitmaps	same as NEWM.0200CA with new text	NEWM.0220CA
	same as above with button highlights on	NEWM.0220CB

Screen Number/Card Name: NEWM.0230

Screen Description:
This is the third of three "quiz" screens.

Question is:

> Diabetes Is caused by:
>   A. The body's inability to make insulin
>   B. The body's inability to use insulin effectively
>   C. Either A or B

Initial State:.
Show graphic NEWM.0230CA
All answer boxes are active and empty.
Variable: #CORRECT = 0, 1 or 2 (see *logic flow* for previous screens)
Play audio NEWM.0230BA

Logic Flow:
If C is clicked:
        play audio FDBK.0100BA & NEWM.0230BB
        add 1 to Variable: #CORRECT

If A or B is clicked: .
        play audio NEWM.0230BC
        go to NEWM.0300

If #CORRECT ≥ 2, go to NEWM.0300
If #CORRECT < 2, go to NEWM.0310

Media Requirements:

Type	Description	Name
Video		
Audio	voice over of question and distractors--see script	NEWM.0230BA
	Correct feedback VO	NEWM.0230BB
	Incorrect feedback VO	NEWM.0230BC
Music	Feedback music (African Dawn, track 44)	same as FDBK.0100BA
Bitmaps	same as NEWM.0200CA with new text	NEWM.0230CA
	same as above with button highlights on	NEWM.0230CB

Screen Number/Card Name: NEWM.0300

Screen Description:
This is the summary for the previous "quiz" screens for users that got two or more correct answers
on the quiz.

<div style="border:1px solid black; padding:2em; text-align:center;">

Good Job!

<div style="text-align:right; border:1px solid black; display:inline-block; padding:0.2em 0.5em;">Go On</div>

</div>
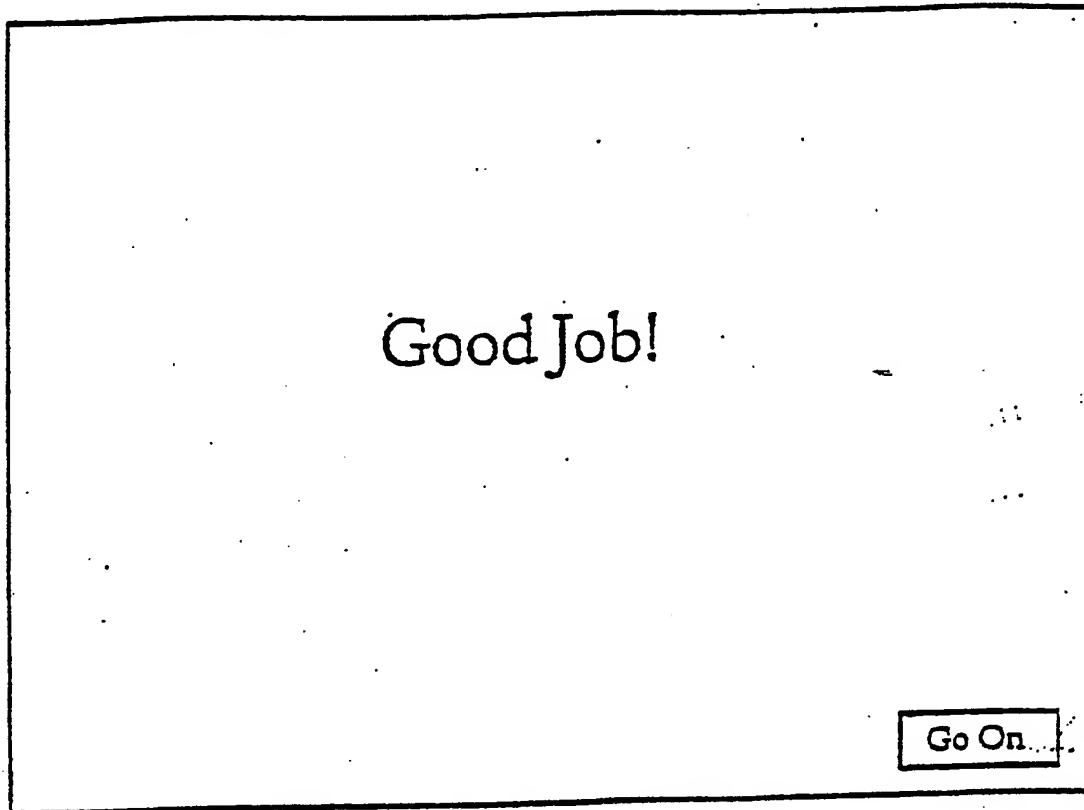
Initial State:.
Show graphic NEWM.0300CA
GO ON is active

Logic Flow:
Play audioFDBK.0100BA & NEWM.0300BA
If GO ON is clicked, go to LOBY.0150

Media Requirements:

Type	Description	Name
Video		
Audio	\ . voice over of good summary	NEWM.0300BA
Music	Feedback music (African Dawn, track 44)	same as FDBK.0100BA
Bitmaps	same as NEWM.0200CA with new text and GO ON button	NEWM.0300CA
	same as above with button highlights on	NEWM.0300CB

Screen Description:
This is the summary for the previous "quiz" screens for users that got fewer than two correct answers on the quiz.

You might want to
review this section
again.

Review   Go On

Initial State:.
Show graphic NEWM.0310CA
REVIEW is active
GO ON is active

Logic Flow:
If GO ON is clicked, go to LOBY.0150.
If REVIEW is clicked, go to NEWM.0150.

Media Requirements:

Type	Description	Name
Video		
Audio	voice over of remedial summary	NEWM.0310BA
Music		
Bitmaps	same as NEWM.0200CA with new text and GO ON and REVIEW buttons	NEWM.0310CA
	same as above with button highlights on	NEWM.0310CB

Screen Number/Card Name: DINR_0100

Screen Description:
This is the menu and intro screen for The Dining Room.
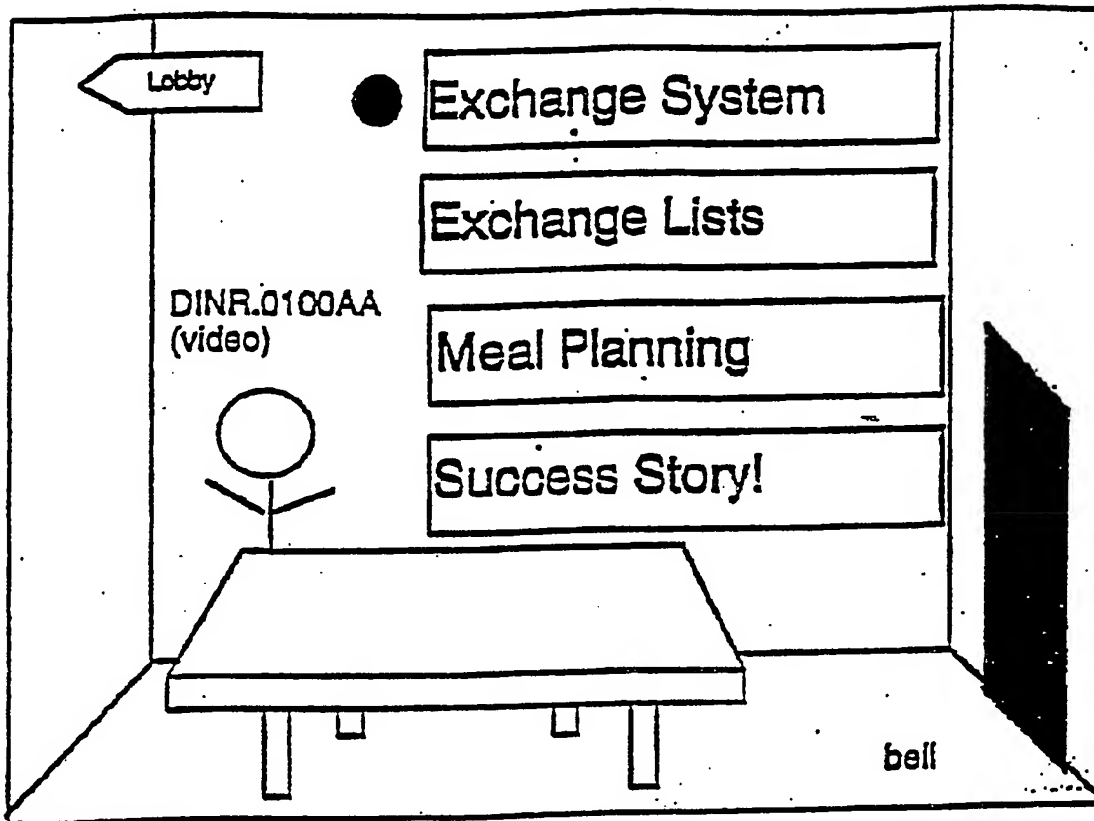
Initial State:.
Display background graphic DINR_0100CA
All course MENU ITEMS are active, default is topmost menu item.
LOBBY button is active.

Logic Flow:
On initial open screen, play video (DINR_0100AA), BELL is displayed.
　　Upon subsequent entries to this screen, do not autoplay video.
　　If BELL is clicked, play BELL_0100BA then, replay DINR_0100AA.
　　If EXCHANGE SYSTEM is cursored over, play audio DINR_0100BA
　　If EXCHANGE SYSTEM is clicked go to DINR_0200
　　If EXCHANGE LIST is cursored over, play audio DINR_0100BB
　　If EXCHANGE LIST is clicked go to DINR_0300
　　If MEAL PLANNING is cursored over, play audio DINR_0100BC
　　If MEAL PLANNING is clicked go to DINR_0800
　　If SUCCESS STORY! is cursored over, play audio DINR_0100BD
　　If SUCCESS STORY! is clicked go to DINR_1150

On re-entry to this screen from DINR_0150:
　　Display active GO ON button.
　　If BELL is clicked, replay DINR_0100AA
　　MENU ITEM branching logic same as above

Screen Description:
The following screens and video will be used teach the basics of the food exchange system.
DINR_0200AA plays, dissolves and reveals the four guidelines menu. Intro & overview of four
guidelines for using food exchanges (objectives 2.1 thru 2.4).

Guidelines:

1. Identify the foods you eat most often.

2. Eat meals at about the same time every day.

3. Use correct portion sizes.

4. Maintain normal blood sugar levels.

DINR_0200AA video plays then ends with this menu

| Go Back | | Go On |

Initial State:.
Show background graphic DINR_0220CA.
Display guidelines one at a time, timed to VO
GUIDELINE 1 is default

Logic Flow:
On initial open screen, play video (DINR_0200AA). BELL is displayed.
    Upon subsequent entries to this screen, do not autoplay video.
    If BELL is clicked, replay DINR_0200AA.

If GUIDELINE 1 is clicked, go to DINR_0230
If GUIDELINE 2 is clicked, go to DINR_0240
If GUIDELINE 3 is clicked, go to DINR_0250
If GUIDELINE 4 is clicked, go to DINR_0260
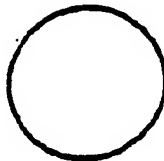If GO BACK is clicked, go to DINR_0100
If GO ON is clicked, go to DINR_0270.

Screen Number/Card Name: DINR_0230

Screen Description:
Overview of first guideline (objective 2.2). Delivered with ' . VO.

Guidelines:

1. Identify the foods you eat most often.

CU picture of food
exchange booklet.

Go On

Initial State:.
Show background graphic DINR_0230CA.
OK is default

Logic Flow:
If OK is clicked, go to DINR_0220

Media Requirements:

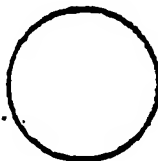| Type	Description	Name
Video		
Audio	, VO	DINR_0230BA
Music		
Bitmaps	Similar to DINR_0200CA with text & graphic as shown above.	DINR_0230CA
	same as above with highlights on	DINR_0230CB

Screen Description:
Overview of second guideline (objective 2.1). Delivered with a VO.
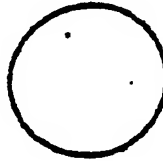
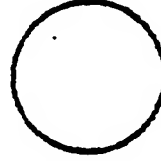## Guidelines:

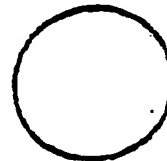## 2. Eat meals at about the same time every day.

| breakfast | snack | lunch | dinner | snack |

Go On

Initial State:.
Show background graphic DINR_0240CA.
OK is default

Logic Flow:
If OK is clicked, go to DINR_0220

Media Requirements:

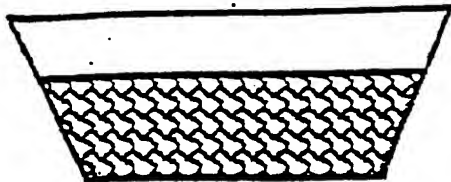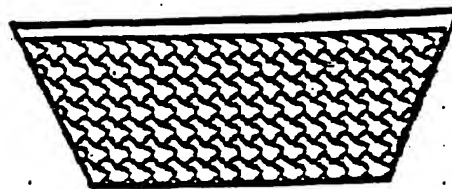| Type	Description	Name
Video		
Audio	VO	DINR_0240BA
Music		
Bitmaps	Similar to DINR_0200CA with text & graphic of five clock faces with times for meals & snacks.	DINR_0240CA
	same as above with highlights on	DINR_0240CB

Screen Description:
Overview of third guideline (objective 2.3). Delivered with ' VO.

Guidelines:

3. Use correct portion sizes.

one exchange of
pasta

two exchanges of
pasta

Go On

Initial State:.
Show background graphic DINR_0250CA.
OK is default

Logic Flow:
If OK is clicked, go to DINR_0220

Media Requirements:

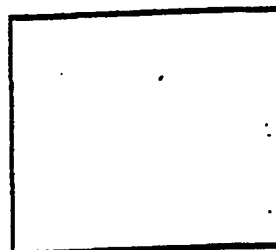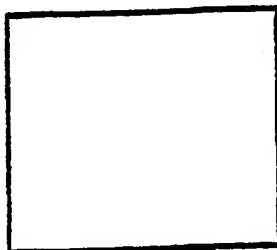| Type	Description	Name
Video		
Audio	VO	DINR_0250BA
Music		
Bitmaps	Similar to DINR_0200CA with text & pictures of small glass bowl filled with 1/2 cup pasta and the other filled with 1 cup pasta.	DINR_0250CA
	same as above with highlights on	DINR_0250CB

Screen Number/Card Name: DINR_0260

Screen Description:
Overview f fourth guideline (objective 2.4). Delivered with ' VO.

Guidelines:

4. Maintain normal blood sugar levels.
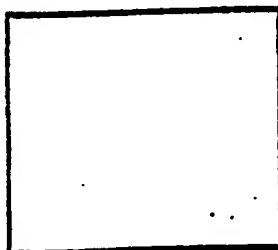
<pictures of healthy food, insulin & an older person
exercising/walking>

Go On

Initial State:.
Show background graphic DINR_0260CA.
OK is default

Logic Flow:
If OK is clicked, go to DINR_0220

Media Requirements:

Type	Description	Name
Video		
Audio	.VO	DINR_0260BA
Music		
Bitmaps	Similar to DINR_0200CA with text & pictures good food, insulin, and exercise.	DINR_0260CA
	same as above with highlights on	DINR_0260CB

Screen Number/Card Name: DINR_0300

Screen Description:
The following screens will be used teach the basics of the food exchange system with a brief video segment which will freeze and dissolve to this menu

Initial State:.
Show background graphic DINR_0300CA
GO ON is default

Logic Flow:
On initial open screen, play video (DINR_0300AA), BELL is displayed.
       Upon subsequent entries to this screen, do not autoplay video.
       If BELL is clicked, replay DINR_0300AA.
If CARBO GROUP is clicked, go to DINR_0330 .
If MEAT GROUP is clicked, go to DINR_0400
If FAT GROUP is clicked, go to DINR_0450
If FREE GROUP is clicked, go to DINR_0500 .

If GO ON is clicked go to DINR_0600
If GO BACK is clicked, go to DINR_0100

Screen Description:
The following screens will be used teach the basics of the food exchange system with a brief video segment which will freeze and dissolve to this menu

```
┌─────────────────────────────────────────────────────────┐
│  ┌──────────────────────┐    ┌──────────────────────┐    │
│  │                      │    │                      │    │
│  │                      │    │                      │    │
│  │  picture of carbo    │    │  picture of fat      │    │
│  │       group          │    │      group           │    │
│  │                      │    │                      │    │
│  │                      │    │                      │    │
│  └──────────────────────┘    └──────────────────────┘    │
│  ┌──────────────────────┐    ┌──────────────────────┐    │
│  │                      │    │                      │    │
│  │                      │    │                      │    │
│  │  picture of meat     │    │  picture of free     │    │
│  │      group           │    │      group           │    │
│  │                      │    │                      │    │
│  │                      │    │                      │    │
│  └──────────────────────┘    └──────────────────────┘    │
│  ┌──────────────┐                      ┌──────────────┐   │
│  │   Go Back    │                      │    Go On     │   │
│  └──────────────┘                      └──────────────┘   │
└─────────────────────────────────────────────────────────┘
```

Initial State:.
Show background graphic DINR_0300CA
GO ON is default

Logic Flow:
On initial open screen, play video (DINR_0300AA), BELL is displayed.
        Upon subsequent entries to this screen, <u>do not</u> autoplay video.
        If BELL is clicked, replay DINR_0300AA.
If CARBO GROUP is clicked, go to DINR_0330 .
If MEAT GROUP is clicked, go to DINR_0400
If FAT GROUP is clicked, go to DINR_0450
If FREE GROUP is clicked, go to DINR_0500

If GO ON is clicked go to DINR_0600
If GO BACK is clicked, go to DINR_0100